

F.I.T.T – Frequency, Intensity, Time, and Type of Activity

When you put all that effort into increasing physical activity you want results. By following the FITT idea you can be sure that you are working towards managing your weight and improving your health.



Frequency

How often you are active

- Increase frequency slowly.
- Build to being active 5 or more days of the week.



Intensity

How hard your heart and muscles are working during activity

- Be active at a moderate intensity similar to a brisk walk.
- Be active at a rate that allows for talking.
- Slow down if you have trouble breathing or feel you can't catch your breath.



Time

How long you are active

- Try to stay active for at least 10 minutes without stopping.
- Aim for at least 30 minutes of activity throughout the day.
- Set a goal for the week based on total minutes of physical activity.
- Increase the length of time you are active before increasing the intensity of the activity.

Type of activity



- Unless you have been instructed otherwise, do aerobic activities (these make your heart beat faster – walk briskly, bike, swim, dance).
- Use large muscle groups (such as legs and arms)
- Always warm-up, cool-down and stretch.
- Try to also include strength and flexibility activities.

MOVE!

